

PHYSICAL PREPARATION

A cadet who arrives out of shape causes the training experience to be more difficult. Cadets in poor shape are more frequently injured and have difficulty in tactical training disciplines such as weapons and the Emergency Vehicle Operations Course (EVOC).

- ◇ Cadets should arrive with body fat levels at no greater than 16% for males and 20% for females.
- ◇ Emphasis should be on cardiac fitness and upper body strength conditioning. A weight training workout consisting of higher reps with lower weight is preferable to a low-rep, high weight regimen.
- ◇ The cadet is well advised to be able to confidently run 3 miles within 25 minutes upon arrival.



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